The KT
THE KABUL TIMES
www.thekabultimes.com twitter.com/thekabultimes info@thekabultimes.com facebook.com/thekabultimes
Founded in 1962
Saratan 15-1404 Sunday 06 July 2025 INo: 83-Vol: LXII
DAILY

Kabul 37° Sunny | Kandahar 44° Sunny | Herat 37° Sunny | Jalalabad 39° Sunny | Mazar-e-Sharif 43° Sunny | Bamyan 27° Sunny

# Beradar calls on ECO member states to take practical steps toward IEA recognition

KABUL: Mullah Abdul Ghani Beradar Akhund, the Deputy Prime Minister of the Islamic Emirate for Economic Affairs, while addressing the 17th ECO Summit the other day, called on the organization's member states to take practical and positive steps toward the IEA's formal recognition.

During his remarks, Beradar stated that as a result of the Islamic Emirate of Afghanistan's continued balanced and economy-focused foreign policy, the Russian Federation has officially recognized the government, the office of the deputy PM for economic affairs said in a statement.

In light of Afghanistan's deep and long-term cooperation with ECO, he called on all member states of the organization to recognize Afghanistan's legitimate political reality and, like the Russian Federation, take practical and positive steps toward formal recognition.

The deputy PM called on ECO member states to work closely with a stable, reliable, and cooperative Afghanistan to strengthen economic and regional cooperation through sustainable progress and coordination.

He emphasized the need for cooperation in areas such as trade, investment, energy, transportation, agriculture, environmental protection, and climate change, sectors in which Afghanistan is fully prepared to engage.

"We believe that the economies of ECO member states can only thrive if Afghanistan becomes an active part of this equation," the statement quoted him as saying.

Reiterating the Islamic Emirate of Afghanistan's solidarity with the oppressed people of Palestine, Beradar said: "The oppression being inflicted upon the innocent people of Gaza must come to an end without delay. We fully support the liberation of Palestine and the preservation of the Islamic identity of Al-Quds."

He also proposed: "The upcoming (18th) ECO Summit should be held in Kabul. We are fully prepared to host this important and valuable gathering and extend a warm welcome to all participants."

The 17th ECO Summit was attended by presidents, prime ministers, and high-ranking officials of the member states, who emphasized the importance of fostering full cooperation and coordination among ECO countries in political, economic, trade, transit, transport, cultural relations, regional connectivity, and investment.

**The Kabul Times**

# Mujahid expects U.S. to recognize Islamic Emirate like Russia

KABUL: Following Russia's recognition of the Islamic Emirate of Afghanistan, Zabihullah Mujahid, spokesperson for the IEA, called the move "a major and constructive step," stating that this development could open a new chapter in Afghanistan's diplomatic relations with the world.

In an interview with TOLOnews, Mujahid added that the Islamic Emirate has consistently worked since the beginning of its rule to remove legal and diplomatic obstacles to international recognition.

He emphasized that Russia's decision is the outcome of continuous dialogue and consultations by Afghanistan's diplomatic apparatus, which has now entered a new phase.

Mujahid said: "We had expectations from many countries to take such an initiative and lead the way, but Russia, by taking this step, has acted commendably. Afghanistan's diplomatic institutions have persistently strived to engage and persuade countries through ongoing outreach and effort."

In another part of his remarks, the spokesperson highlighted Russia's regional importance, calling it a key player in ensuring stability and economic prosperity.

He stated that formal diplomatic relations could pave the way for Afghanistan's participation in global summits and decision-making processes.

Referring to the reality of a multipolar world, he stressed that not all countries should wait for the United States to decide. Mujahid urged Washington to follow Moscow's lead and initiate formal engagement with Kabul.

He added: "We expect the U.S. not to be an obstacle but to lead the way to act boldly like Russia. Countries that had political hesitation should now realize that this path is simple and must be pursued.

They should align with Afghanistan."

Elsewhere in his comments, Mujahid criticized certain Afghan figures abroad who have opposed the recognition of the Islamic Emirate, labelling them as "enemies of Afghanistan's progress."

The spokesman claimed that such individuals even condemn positive developments like the construction of roads or major infrastructure projects.

He said: "Unfortunately, there are figures who condemn any progress in Afghanistan, even if a road is built or a major project is inaugurated, they portray it negatively and oppose it."

Mujahid concluded by stating that the Islamic Emirate seeks friendly relations with all countries and aims to serve as a connection point between the region and the world.

According to him, the time has come for other nations, especially Islamic and regional countries, to "move beyond doubt" and take clear positions regarding Kabul.

**The Kabul Times**

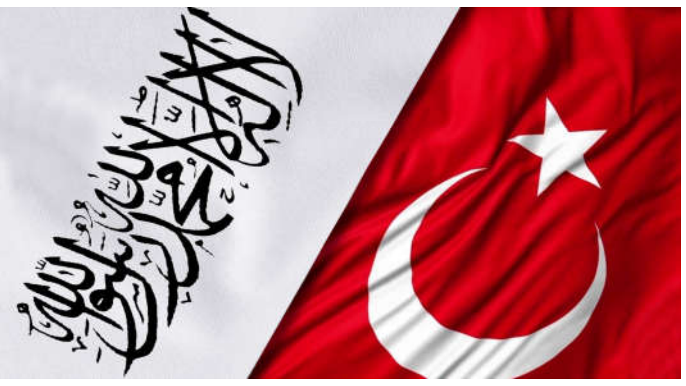
# Moscow's recognition of IEA paves ground for expanded bilateral cooperation, Shaheen

KABUL: Mohammad Suhail Shaheen, the Ambassador of the Islamic Emirate in Qatar, said the other day that Moscow's recognition of the IEA paves the ground for expanded bilateral cooperation. Speaking to TOLOnews, Shaheen said that by recognizing the Islamic Emirate, Russia has distanced itself from those countries that refuse to do so in order to apply pressure or pursue their own political goals. "Russia's move will encourage other 'like-minded' countries to formally recognize the Islamic Emirate," the TV quoted him as saying.

It should be said that Russia officially recognized the Islamic Emirate of Afghanistan (IEA) on July 3, 2025, becoming the first country to do so since the IEA took power in mid-August 2021.

**The Kabul Times**

# Afghan, Turkish officials talk health cooperation



KABU: Mawlavi Noor Jalal Jalali, the country's acting Minister of Public Health, met with Cenk Unal, the chargé d'affaires of Turkiye, to discuss the enhancement of bilateral healthcare cooperation, the ministry said in a statement Saturday.

Highlighting the importance of strengthening the capacity of scientific staff and expanding services at Atatürk Hospital, the meeting discussed the establishment of special and essential departments within the hospital, improvements to the country's medicine system, and the creation of a dedicated section for urgent and needy patients.

Minister Jalali extended his sincere appreciation to the Government of Turkey for its continued and unwavering support in the field of health and emphasized that further collaboration would significantly contribute to the sustainable development of Afghanistan's healthcare infrastructure.

Meanwhile, the Turkish official assured his country's commitment to providing comprehensive assistance to Afghanistan's healthcare system and supporting long-term strategic partnerships in the sector.

**The Kabul Times**

# Kazakhstan pledges $500 million investment in Torghundi-Herat railway

KABUL: Oljas Bektenov, the Prime Minister of Kazakhstan, met with Mullah Abdul Ghani Beradar Akhund, the Deputy Prime Minister of the Islamic Emirate for Economic Affairs, saying that his country will soon invest $500 million in the Torghundi–Herat railway project in Afghanistan, Beradar's office said in a statement the other day.

The meeting held on the sidelines of the 17th Summit of the Economic Cooperation Organization (ECO) in the city of Khankendi of Azerbaijan, the two sides discussed political, economic, and trade-related matters between Afghanistan and Kazakhstan.

Mullah Beradar considered Kazakhstan an important and trustworthy regional partner for Afghanistan and appreciated the designation of a special envoy by Kazakhstan for Afghanistan as a positive step, according to the statement.

Afghanistan serves as a key transit route for Kazakhstan to the Middle East and South Asia and could also be a corridor linking Kazakhstan to Europe, he said, encouraging Kazakhstan to utilize the available opportunities in investment, trade, railway development, and transit cooperation.

To increase bilateral trade volume to $3 billion, the Deputy PM emphasized the importance of signing an agricultural health and quarantine agreement for agricultural products, facilitating visa issuance for Afghan nationals, and opening accounts for Afghan banks in Kazakhstan's Zaman and Freedom Banks.

Regarding the enhancement of bilateral trade, Beradar highlighted that Afghanistan has initiated the establishment of an operational company to handle imports and exports via rail, which will soon be introduced to Kazakhstan.

He mentioned that a draft agreement on international freight transport has been prepared and shared, and serious work is underway to reduce transit fees on goods passing through Afghanistan.

Meanwhile, Kazakh PM stated that Kazakhstan enjoys good relations with Afghanistan and the country's Foreign Minister would soon visit Kabul to further enhance ties.

He also expressed interest in investing in Afghanistan's mining sector and noted readiness to increase imports of Afghan fruits and to facilitate Afghanistan's exports through Kazakh territory.

Oljas Bektenov added that Kazakhstan is among the ten countries with the highest volume of trade with Afghanistan and reaffirmed his country's commitment to further expanding these commercial ties.

**The Kabul Times**

# Police seize weapon cache in Helmand

KABUL: The Ministry of Interior Affairs of the Islamic Emirate said in a statement Saturday that a cache of weapons and ammunition has been discovered and seized in Helmand province.

During a series of operations over the past two months, the Counter-Terrorism Police of Helmand province have discovered and seized 105 various illegal weapons along with 3,000 rounds of light and heavy ammunition from the provincial center and various districts, the statement said. These weapons and munitions were being kept unlawfully, and several individuals connected to these cases have been arrested, the statement said, adding that following preliminary investigations, the suspects have been handed over to judicial authorities for further legal proceedings.

Security officials emphasized their continued efforts to ensure law and order by removing illegal arms from civilian possession and curbing any activities that could threaten public safety.

**The Kabul Times**

# Eighteen development projects to be implemented in Balkh

MAZAR-E-SHARIF: Construction work on 18 development projects has been started in the country's northern province of Balkh, the provincial Municipality said in a statement Saturday.

Hafiz Abdul Rahman Hemat, the Mayor of Mazar-e-Sharif, said that the projects were initiated under the slogan of "The city is the home of all citizens, together, we can build and beautify it." Hemat added that the projects include the construction of squares, sidewalks, the installation of modern street lights, the creation of green spaces, and the placement of flowerpots across various parts of the city to improve city standards and enhance its visual appeal.

"These initiatives are being implemented with public support and have created job opportunities for hundreds of local residents," he said as quoted by the statement.

The provincial mayor stated that strong cooperation between residents and the municipality is key to sustainable development, hoping that the success of these projects will encourage long-term civic engagement and serve as a model for other Afghan cities.

**The Kabul Times**

International-Daily
WWW.TheKabulTimes.com
Uzair Baryalay, Director of Govt. Dailies
Email: Atvaishan@gmail.com
Editor-in-Chief, Nik Mohammad Nikmal
Email: Nikmal@TheKabulTimes.com
Mob: (+93)700 208 103
Deputy Editor-in-Chief, Fathulbari Akhgar
Mob: (+93)748 076 223
Distribution: 0202312509-(+93)766044966)
Graphic designers: Baktash, Habibullah Aiman
**Translators**: Abdul Baqi Haqyar, Noor Ahmad and Hamid Jhwok
**Cartoonist:** Sayed Hassan Samedi
Address: 8th PD, Olympic Square, East of Chaman-e-Huzori, Kabul, Afghanistan

## Food for thought

*Today's generation guarantees our bright future*

# Afghans deserve dignified repatriation, humiliation contrary to neighborliness

The Islamic Republic of Iran has recently resorted to the mass deportation of the Afghan refugees, a move against all international migration standards and Islamic and neighborliness values.

The refugees are now facing intense deportation, an unprecedented move by our neighbors that has concerned the migrant families and attracted the attention of international media, humanitarian organizations, and political analysts. Pakistan, Iran, and a number of other countries have hosted Afghan refugees for years, but unfortunately, this hospitality is now being ended with pressure, humiliation, and forced deportation.

The deportation of Afghan refugees, whether from Pakistan, Iran, or other regions, is an act that clearly conflicts with human values, Islamic principles, international standards of asylum, and the spirit of good neighborliness. The trial of refugees in these countries without lawyers, imprisonment, fines, and forced deportation are all actions that the conscience of humanity cannot tolerate.

Since Afghans have migrated to various countries due to severe wars and insecurity over the past four years, the Islamic Emirate has always stood firmly behind its migrant citizens. This is not only a duty of governance; it also considers it its religious responsibility. Continuous efforts are being made by the Ministry of Foreign Affairs, the Ministry of Refugees and Repatriation, and other responsible agencies of the Islamic Emirate to solve the problems of migrants through political, humanitarian and diplomatic means. In addition, the Islamic Emirate has also increased its focus on providing shelters, facilities, and economic integration for returning migrants within the country.

The solution to these problems should not be limited to one side. The international community, the United Nations, and the host countries of migrants should understand that the humiliation of migrants is not only an individual injustice; rather, this injustice is done to the honor of a nation. The spirit of peace, understanding, human dignity, and Islamic brotherhood demands that Afghan refugees return to their country through understanding, facilitation, and dignity, rather than force, threat, or intimidation.

Finally, we hope that all parties, especially Pakistan, Iran, and international organizations, will make decisions regarding Afghan refugees based on justice and human dignity. The Afghan nation can no longer tolerate pressure, poverty, and hopelessness. The Islamic Emirate is committed to not only taking a political stand for its citizens but also to supporting them practically in the field of action.

# Russia's recognition of Islamic Emirate: The reality and new political map

On July 3, 2025, the Russian Ministry of Foreign Affairs officially announced that it recognizes the Islamic Emirate, currently in power in Afghanistan, as a legitimate governmental reality. Although this decision is linked to diplomatic engagements, it also reflects a profound, purposeful, and strategic approach from the perspective of global politics. Recognizing an Islamic system that came to power after a prolonged anti-occupation jihad is an unprecedented development in the history of international relations. This shift should not be seen merely as a recognition of one government by another, but rather as a powerful signal indicating a fundamental change in the global understanding of order, balance of power, and the definition of state legitimacy.

Since 2021, the Islamic Emirate has strengthened its political standing through internal stability, principled governance, and a balanced foreign policy. Eventually, it reached a point where a global power—Russia—formally acknowledged its legitimacy. This recognition is both a major outcome of the Emirate's political strategy and a confirmation of a new reality in the calculations of international politics. It marks not only a significant moment in Afghanistan's modern history, but also the opening of a new chapter in the political struggle of the Islamic world. The Islamic Emirate, which regained political control of the country following a prolonged resistance against occupation, was largely unrecognized by the international community after 2021. Global actors, especially Western countries, either doubted the Emirate's legitimacy or sought to make it conditional upon meeting their demands. Nevertheless, the Emirate proved itself to be an independent, principle-driven system with internal stability, which not only restored security and order but also continued its foreign engagement with patience, dialogue, and diplomacy.

Russia, with its deep historical understanding of Afghanistan's geography and the ideological steadiness of the Islamic Emirate, was among the countries that kept its diplomatic channels semi-open from the beginning. After years of negotiations, diplomatic visits, regional conferences, and intelligence coordination, Russia became the first major nation to move beyond observation and formally regard the Emirate as a legitimate state actor. This decision is not just a recognition of Afghanistan's internal governance but a sign of transformation in global political dynamics. From Russia's perspective, the Islamic Emirate is a real, stabilizing, and legitimate system that has cleared Afghan soil of ISIS terrorists, remains committed to border security, and has pursued economic and political cooperation with Central Asian countries instead of confrontation. Russia also realizes that instability in Afghanistan directly threatens regional security, and rejecting a system that promotes internal order, national unity, and religious sovereignty only serves to repeat the West's failed strategies.

Russia's move carries both political intent and strategic calculation. Politically, Russia aims to present itself as a realistic power among global players—one that follows an independent policy, free from Western mimicry. Strategically, Russia is trying to become a central hub of coordination among Central Asia, China, Iran, Pakistan, and the Islamic Emirate—both to resist American hegemony and to reshape the region's economic, political, and security landscape.

This recognition is not merely a political victory for the Islamic Emirate, but also an innovative and transformative development in global political equations. It signifies a major shift in how Islamic politics is legitimized and how Islamic systems are valued. Globally, powerful nations and international institutions have long believed that Islamic governments cannot be formally accepted under international standards and systems, and thus rejected their legitimacy. Russia's recognition completely dismantles this notion, proving that if an Islamic system is firmly rooted in religious principles, transparent governance, justice, and protection of citizens' rights, even major global powers will eventually be compelled to accept its reality, abandon their old conditions and sanctions, and officially acknowledge its legitimacy and value.

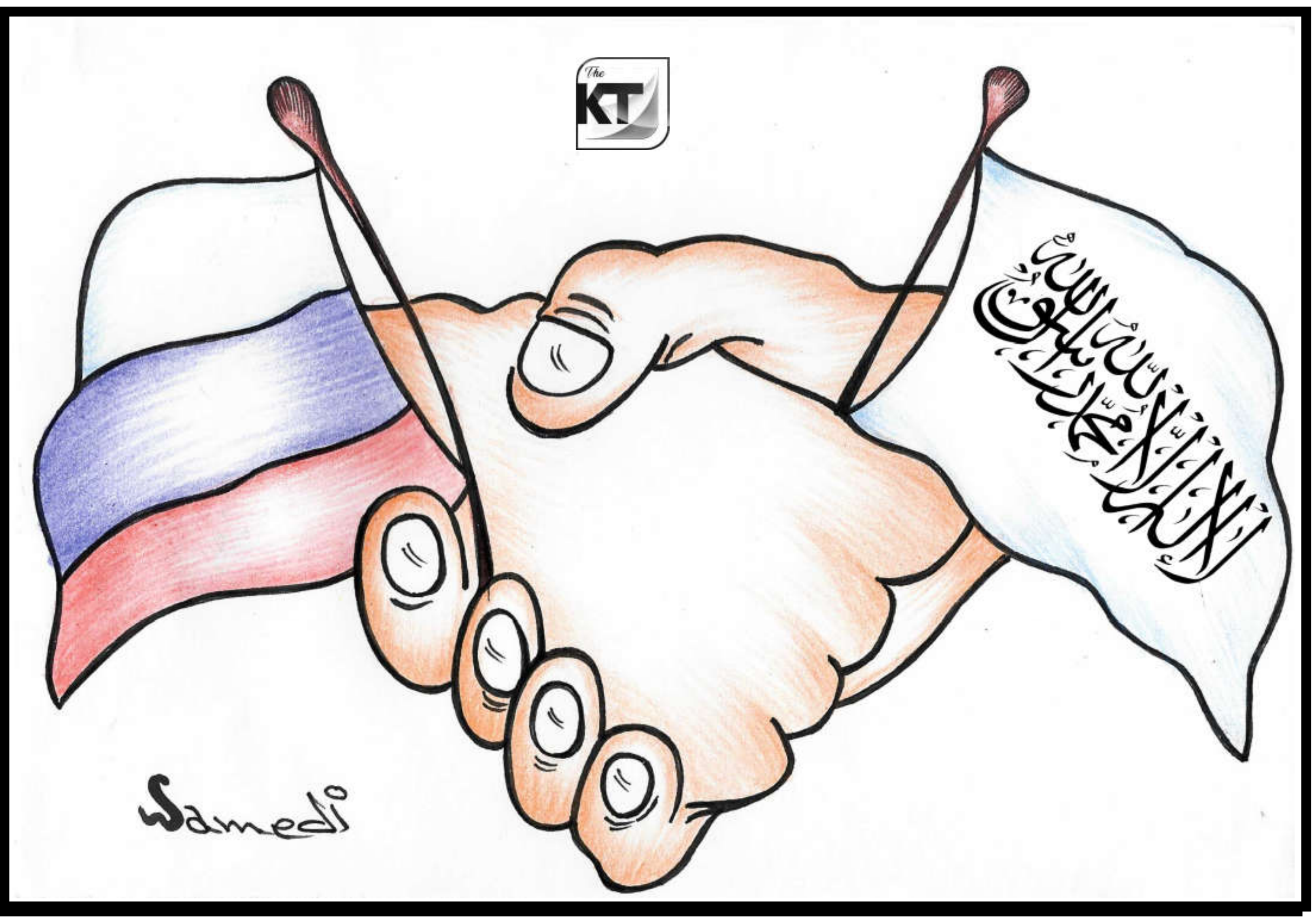
This situation is not just a major political gain for the Islamic Emirate, but also a clear message to the entire Muslim world: steadfastness based on principles and sincerity can withstand global pressures and denials, and ultimately carve out a place in the international arena.

Moreover, Russia's recognition of the Islamic Emirate presents a serious and direct political challenge to the West. It sends a message that the Islamic Emirate in Afghanistan is no longer the isolated, marginalized, and inactive force that could be dismissed under international pressure and non-recognition. Instead, it is now an active and influential player in global politics and a significant actor in regional and international affairs. Therefore, if Western countries fail to move beyond their prejudices, hypocritical policies, and imperialistic mindsets, it will result in lasting political, economic, and strategic losses for them in the region. The Islamic Emirate, through its legitimacy, internal stability, and regional diplomacy, has now reached a stage where it will be seen by global political actors as an undeniable reality. Continued Western antagonism will not only damage their global credibility but will also diminish their influence in the eyes of the international community. As such, it is now essential for global politics to ground its policies and positions in reality, abandon biased and prejudiced approaches, and initiate a new phase based on mutual respect and cooperation among all nations.

Only in this way can the international order become stable, just, and grounded in shared interests.

In short, Russia's recognition of the Islamic Emirate is the result of the Emirate's long-term political patience, its principled steadfastness based on Islamic law, and its wise diplomatic engagement. This development is not only a victory for the Afghan nation but also a lesson for all Islamic movements that believe legitimacy must be sought from non-Islamic powers. Legitimacy arises from within the Ummah, formal recognition comes through divine support, and honor is not achieved by sacrificing principles, but by standing firm upon them. Russia has acknowledged what was a reality, and that, in itself, marks a new phase in global politics.

**Mohammad Qasim Azam**



*On the occasion of World Rural Development Day:*

# Rural development and empowerment crucial for equitable progress

July 6 is the World Rural Development Day, celebrated every year to inform and remind people and governments of their responsibility for collaborative actions on integrated rural development.

It is not just date, but it is a call to action. It is a reminder of the untapped potential in rural communities and the people's shared responsibility to uplift, empower, and transform their lives.

Proclaimed by the United Nations General Assembly, World Rural Development Day is marked to reinforce the need for inclusive and sustainable growth in rural areas.

Rural development and empowerment should be put at the core of any development strategy.

Through education and sustainable opportunities, the people in rural districts will witness lives transformed and futures redefined.

The World Rural Development Day holds deep meaning for all those thinking about better future. It's not just about changing lives -it's about changing futures. It's a movement to amplify rural voices that often go unheard.

It's an opportunity to celebrate the invaluable contributions of rural areas.

For Afghanistan, rural development is even as necessity as possible as the majority of country's population lives in rural areas.

Afghanistan's rural areas are largely agrarian, with a significant portion of the population relying on agriculture for their livelihoods.

According to the World Bank information, approximately 73% of Afghans reside in rural settings, primarily engaged in agriculture.

Therefore, it is time to build resilient, thriving rural communities, because when they prosper, we all do. It is a shared responsibility of the communities and the government.

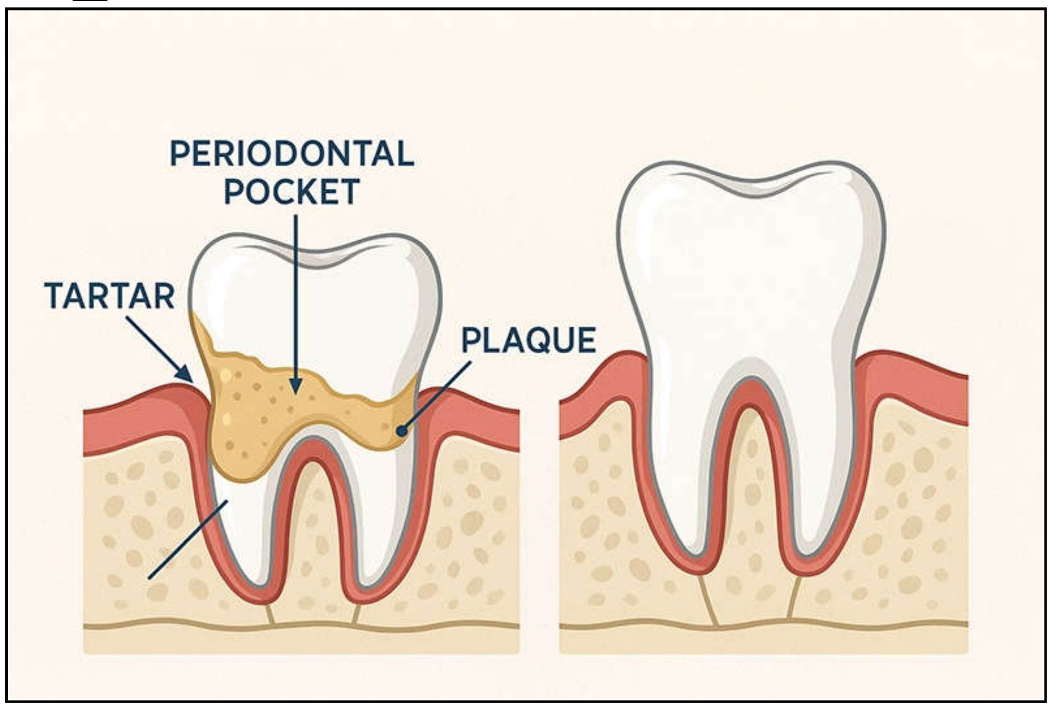
Agriculture and community development are intrinsically linked.

Farming is the foundation of rural societies, and it can be a primary economic driver for the country. Neglecting rural development in the country might hamper food production and undermine the foundation of the food supply chain, causing a dangerous cycle of poverty, food insecurity, and malnutrition. It is time to invest in capacity building, training, institutional development, policy reform for rural areas as they all can have a lasting positive impact on the economic development in the country. Moreover, investing in rural areas can reduce the gap between urban and rural areas, preventing the concentration of resources and opportunities in cities, and promoting a more balanced regional development.

To summarize, rural development and empowerment are crucial for equitable progress, fostering economic growth, reducing poverty, and improving quality of life. Empowering rural communities allows them to take ownership of their development, leading to sustainable solutions and a more balanced society. Rural development is as necessity as possible as it drives poverty eradication, food security, and economic resilience. By investing in education, healthcare, infrastructure, and livelihoods, the create opportunities where they matter most. When rural communities thrive, nations prosper.

**Sayed Sharif**

# Dental health: Protection, problems, and treatments




Teeth are not only a vital part of our appearance, but they also play a crucial role in speaking, chewing, and maintaining overall health. A healthy smile reflects a healthy body, while poor dental hygiene can lead to a series of complications that affect more than just the mouth. Protecting our teeth is not a luxury. It is a necessity.

Dental health starts with daily care.

Brushing the teeth at least twice a day with fluoride toothpaste and flossing once a day are the foundation of a healthy mouth. Many people, however, ignore these simple habits, leading to plaque buildup, decay, gum disease, and even tooth loss. Moreover, our diet plays a significant role. Sugary snacks, acidic beverages, and processed foods not only harm our teeth but also create an ideal environment for bacteria to thrive.

One of the most common problems in dental health is dental caries, also known as cavities or tooth decay.

This condition is caused by bacteria in the mouth converting sugars from the food we eat into acids.

These acids then erode the enamel, the hard outer layer of the teeth leading to holes. In the early stages, cavities might not cause any pain, but if left untreated, they can grow deeper, reaching the inner layers of the tooth and causing severe pain, infection, and even the need for extraction.

Another major issue is gum disease, which ranges from mild gingivitis to severe periodontitis. Gingivitis is the inflammation of the gums, often marked by redness, swelling, and bleeding during brushing. It is reversible with proper cleaning and care. However, if ignored, it can progress to periodontitis, a condition that destroys the supporting structures of the teeth, including the bone. Periodontitis often leads to tooth mobility and eventual loss.

Tooth sensitivity is also a widespread concern. People with sensitive teeth experience discomfort when consuming hot, cold, sweet, or acidic foods and drinks. This can be due to worn enamel, exposed dentin, or receding gums. While it is not always a sign of a serious problem, it can affect quality of life and eating habits. Treatment includes using special toothpaste for sensitivity, applying fluoride gels, and addressing the underlying cause if there is one.

Many people also suffer from malocclusion or misalignment of the teeth and jaws. This includes conditions such as overbite, underbite, crowding, and spacing issues. Malocclusion can affect chewing, speaking, and even facial appearance. Orthodontic treatments such as braces or clear aligners are effective ways to correct these problems, especially when they started at a younger age.

Another significant problem is tooth loss, which can result from decay, gum disease, trauma, or other health conditions. Missing teeth not only affect aesthetics and confidence but also impair speech and chewing ability.

The surrounding teeth may shift, leading to further dental complications. Thankfully, modern dentistry offers several solutions for missing teeth, including dentures, bridges, and dental implants. Implants, in particular, are a long-lasting and natural-looking option, where a titanium post is surgically placed in the jawbone and topped with a crown.

Bad breath, or halitosis, is another frequent issue.

See P4

# The Chinese modernization in my eyes

*Dalian – A model of urban harmony between modernization & heritage*

**Part VIII**

During my visit to Dalian, a vibrant coastal city in Liaoning Province in Northeast China, I encountered a living example of how Chinese modernization balances technological innovation, urban expansion, and the preservation of historical identity. This city is a case study in how modern life can coexist with cultural memory and ecological values—a lesson Afghanistan could deeply benefit from.

Dalian's unique geography—nestled between the Yellow Sea and Bohai Sea, surrounded by mountains and hills—hasn't stopped its urban development. Instead of cutting through mountains to build highways, Dalian has constructed tunnels, preserving its green landscape while still connecting urban zones efficiently. This approach struck me as a blueprint for how infrastructure can respect nature rather than replace it.

One of the most iconic structures I saw was the Tiaoyue Bridge, a six-kilometer-long sea bridge. Driving over this modern marvel, with ocean views on both sides and the city skyline ahead, was a visual metaphor for Dalian itself: a bridge between nature and modernity, between tradition and innovation.

But it wasn't just the infrastructure that impressed me—it was also how the city has preserved historical elements while embracing the future. I wandered into a charming neighborhood with Russian-style architecture—small shops and houses that date back to Dalian's early 20th-century history.

These buildings have not been erased by skyscrapers; instead, they are carefully restored and serve as tourist and cultural centers. Even the street was called "Russian Style Street," and its walls bore inscriptions in Russian and Chinese.

Later, I was stunned to discover a century-old electric tram, still running through the heart of the city. At first, I thought it was a nostalgic decoration, but I soon realized it was part of the city's active transport system. When I asked a local, he confirmed that these trams have been operating for around a hundred years and continue to serve the public today. Watching the red tram pull in while the green one pulled out was a powerful reminder that Dalian has not just preserved its history—it has integrated it into daily life.

As an Afghan, Dalian left me with deep reflections. Afghanistan, too, has a rich tapestry of natural beauty, historic urban centers, and ancient architecture. But often, our approach to development has been reactive and fragmented, with little coordination between urban planning, heritage conservation, and ecological balance. If Afghanistan wants to embark on a meaningful path toward modernization, Dalian offers several valuable lessons:

1. Integrate, don't eliminate: Modern development doesn't require the destruction of history. Old streets, historic buildings, and even early forms of public transport can be revived and repurposed, not abandoned.

2. Preserve nature through smart engineering: As Dalian's tunnels demonstrate, respecting nature is not a hindrance to development—it is a hallmark of sustainable growth. In cities like Kabul, Herat, or Jalalabad, infrastructure projects can be designed to preserve green spaces and landscapes.

3. Celebrate cultural identity in urban design: Rather than importing foreign urban templates, Afghanistan can design cities that reflect its unique cultural and historical heritage while embracing modern technologies.

4. Develop public transport that honors the past: Instead of copying Western-style car-centered cities, Afghan planners could look into efficient, eco-friendly public transport systems that integrate with historical routes and districts—just like Dalian's electric trams.

5. Use tourism as a tool for preservation: Dalian's Russian Street is a cultural and economic hub because of tourism. Afghanistan's historical neighborhoods, from Balkh to Bamiyan, could be developed similarly, creating jobs while safeguarding history.

Dalian is not just a Chinese city—it is a symbol of how modernization can serve people without erasing their past. For Afghanistan, caught between the need for development and the imperative to protect its heritage, Dalian shows that these goals are not contradictory but complementary.

Modernization does not mean starting over—it means moving forward without forgetting where you came from.

**Nik Mohammad Nikmal**

# Herat's major infrastructure; dozens of new projects to be launched

This ongoing year, Herat Municipality reported that it will launch 70 development projects across the city this year, with a total cost of nearly 900 million Afghanis.

These projects include the construction of roads, drainage systems, boulevards, city lighting, and green spaces, and will be implemented throughout Herat.

Mohammad Naser Armal, spokesperson for Herat Municipality, told media: "For the fiscal year 1404, we have planned 70 development and infrastructure projects worth 900 million Afghanis, funded through both the development budget and funds carried over from 1403." Some Herat residents have called on the municipality to ensure these projects are implemented with quality and according to standards. "This is vital for the people of Herat," said resident Mozaffari. "We welcome the launch of these projects in our city."

Another resident, Nader Ali Rahimi, said, "The companies should complete these projects with high standards. These developments must be worthy of the people of Herat." Contractor companies say daily monitoring is in place to ensure the projects are carried out with quality.

Ahmad Fawad Faqiri, head of one contracting company, said, "The quality we aim for is international standard. We use ISO 9001-certified materials and 60/70 grade bitumen, which currently leads the market." Firooz Ahmadi, head of another company, said, "When we receive a project from the municipality, they provide specific terms and conditions, and we carry out the work according to the contract's guidelines." Last year, Herat Municipality implemented 160 small and large-scale projects worth nearly one billion Afghanis. **Inam Hashemi**

THE KABUL TIMES
DAILY
Saratan 15-1404 Sunday 06 July 2025 INo: 83-Vol: LXII

The Kabul Times – the state-run newspaper– welcomes your advertisements. You can send your ADs to the daily to help you connect with your customers.
+93 700 330 184
Aryagulzar833@gmail.com

| | | | | | | |
|---|---|---|---|---|---|---|
| USD | GBP | INR | PKR | EUR | IRR | AED |
| 01 | 01 | 1000 | 1000 | 01 | 1000 | 01 |
| AFN | AFN | AFN | AFN | AFN | AFN | AFN |
| 69.35 | 94.70 | 808 | 235 | 81.69 | 0.76 | 18.88 |

# Mazar-e-Sharif hosts a one-day Wushu tournament

A one-day Wushu competition was successfully held in Mazar-e-Sharif, the capital of Balkh province, aiming to promote sports among youth and encourage physical activity. The event was organized by the Wushu Federation's representative office under the Directorate of Physical Education and Sports of Balkh Province.

A total of 80 athletes participated in the tournament, which took place at the Sitaro (Stars) Sports Complex. The matches were conducted in a single-fight (knockout) format and included participants from different age categories, including juniors, youth, and adults.

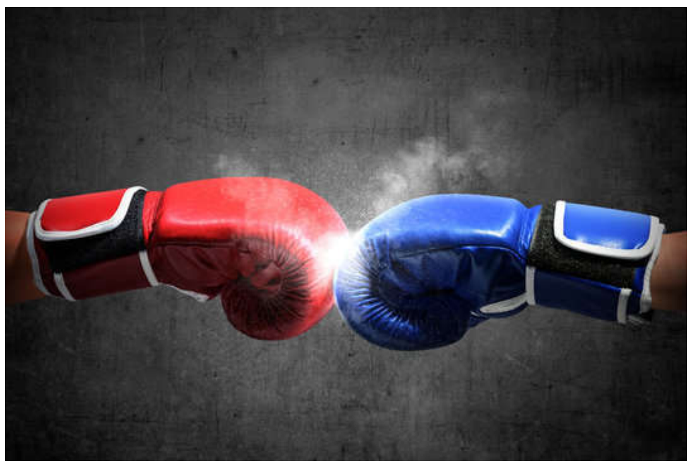
The competition witnessed high levels of energy and enthusiasm, with athletes showcasing their martial arts skills in a disciplined and professional manner. Out of the 80 participants, 40 athletes emerged victorious by defeating their opponents and securing wins in their respective categories.

Organizers emphasized that the primary goal of the event was not only to foster competition but also to promote healthy lifestyles and attract more young people to martial arts, particularly Wushu. The event received praise from participants and spectators for its organization and for providing a platform for emerging talent in the region.

At the conclusion of the tournament, the Directorate of Physical Education and Sports of Balkh Province held an awards ceremony. Medals and certificates of appreciation were distributed to the winners in recognition of their performance and sportsmanship.

Officials from the Wushu Federation stated that similar events will continue to be held across the province in order to build momentum for martial arts and create more opportunities for athletes to compete, grow, and represent their region at national and international levels. **The Kabul Times**

# One-day boxing tournament held in Ghazni



A one-day boxing tournament was successfully organized in Ghazni province, bringing together 122 athletes from various age categories. The event was conducted by the local representative of the National Boxing Federation in collaboration with the Department of Physical Education and Sports of Ghazni.

The competition featured athletes from four main age groups: children, teenagers, youth, and adults. All matches were held in a single-elimination (one-on-one) format, where participants faced off in individual fights. The tournament showcased strong participation and enthusiasm from young and aspiring boxers across the region.

Out of the 122 participants, 61 boxers managed to defeat their opponents and secured championship titles in their respective categories, earning first-place honors. The tournament not only highlighted the competitive spirit of the athletes but also provided them with a valuable platform to demonstrate their skills and gain experience.

According to the organizers, the main objective of holding this tournament was to promote the sport of boxing in Ghazni and to encourage the younger generation to engage in healthy and constructive physical activities. They emphasized that such events play a crucial role in discovering new talent, building confidence among youth, and promoting discipline through sports. The tournament was well-received by the local community, and the organizers expressed hope that similar events would continue in the future to further boost the growth of boxing and sports in general in the region. Through such initiatives, local sports authorities aim to strengthen community ties and create opportunities for youth development across Ghazni province. **The Kabul Times**

# Chelsea defeats Palmeiras to reach Club World Cup semi-final

In a thrilling match of the FIFA Club World Cup quarter-final stage, English Premier League giants Chelsea faced off against Brazilian side Palmeiras. The encounter, held as part of the tournament's top eight fixtures, showcased high-intensity football from both teams.

Chelsea managed to edge past Palmeiras with a narrow 1-0 victory, thanks to a decisive goal from their forward, Falmer. His strike proved to be the difference in a tightly contested match, where both teams showed strong defensive discipline and tactical awareness.

Palmeiras, known for their technical style and recent success in South American football, created several scoring opportunities but failed to convert them into goals. Chelsea, on the other hand, utilized their experience and composure under pressure to control key moments of the game. Falmer's goal not only sealed the win but also highlighted Chelsea's attacking efficiency in critical situations.

With this win, Chelsea secured their place in the semi-finals of the Club World Cup, bringing them one step closer to the coveted international title. The team's performance has boosted the morale of their fans, who are hoping for a repeat of their European success on the global stage.

This victory marks an important milestone in Chelsea's campaign and sets up a highly anticipated semi-final clash. The Blues now prepare to face tougher challenges ahead, as they aim to claim the Club World Cup trophy and add another prestigious honor to their club's rich history.
**The Kabul Times**

# Azerbaijan asked to facilitate export of Afghan goods through Baku International Sea Port

KABUL: The Deputy Prime Minister of the Islamic Emirate for Economic Affairs, Mullah Abdul Ghani Beradar, during his visit to Baku International Sea Port of Azerbaijan, asked that country's officials to facilitate the export of Afghan goods through this route, his office said in a statement Saturday.

During the visit, the Azerbaijani officials expressed their readiness to export Afghanistan's industrial products, agricultural goods, and mineral resources to Türkiye and Europe via this port, which is located along the Lapis Lazuli Corridor, according to the statement.

They also conveyed their willingness to facilitate the transport of Afghan commercial goods to Russia through Iran by rail.

According to the statement, Afghan and Azerbaijani officials agreed to establish joint technical committees to assess the available facilities and transport routes to enhance bilateral trade and transit through the port and facilitate Afghanistan's exports.

Currently, the Baku International Sea Port has an annual capacity of 15 million tons of cargo, which is expected to increase to 25 million tons in the future. **The Kabul Times**

# Maintenance work on Sultan Dam in Ghazni begins, ministry

KABUL: Mullah Abdul Latif Mansoor, the acting Minister of Water and Energy, began maintenance work worth 109 million Afghanis on Sultan Dam in Ghazni province, the ministry said in a statement Saturday.

Addressing the kicking off ceremony, Mansoor emphasized the strategic importance of Sultan Dam for water management and agricultural development, according to the statement.

Highlighting the broader progress made under the Islamic Emirate, including the establishment of Islamic governance, security, economic development, ethnic unity, and a climate of national harmony, he called on citizens to support the system with sincerity, loyalty, and obedience.

According to the statement, the dam height will be increased from 35m to 37.5m, the dam's vulnerable areas will be reconstructed, and outlet pipes, gates, and spillways will be repaired.

The project is expected to be completed within one year. Upon completion, the dam's water storage capacity will increase from 9 million cubic meters to 13 million cubic meters, enabling the irrigation of approximately 10,000 hectares of farmland, a major step forward for the province's agricultural productivity.
**The Kabul Times**

# Dental health: Protection, ...

From P3

It can be caused by poor oral hygiene, certain foods, dry mouths, or underlying medical conditions.

Maintaining proper oral hygiene, staying hydrated, cleaning the tongue, and visiting the dentist regularly can greatly reduce bad breath.

Preventive dentistry is the best approach to maintaining oral health. Regular dental checkups, ideally every six months, allow early detection and treatment of issues before they worsen.

Professional cleanings remove tartar that can not be removed with normal brushing, and fluoride treatments strengthen enamel.

Dental sealants are another preventive measure, especially for children.

These are protective coatings applied to the chewing surfaces of molars to prevent cavities.

Modern advancements in dentistry have also made treatments more effective and comfortable.

For example, laser dentistry is now used for procedures like cavity removal and gum surgery with minimal pain and faster healing.

Digital imaging and 3D scanning help dentists diagnose issues more accurately and plan treatments more precisely.

Cosmetic dentistry has also gained popularity.

Treatments like teeth whitening, veneers, and cosmetic bonding not only enhance appearance but also boost self-esteem. Veneers are thin shells made of porcelain or composite resin that cover the front surface of teeth, improving their color, shape, and alignment.

Despite these developments, many people still fear dental visits.

Dental anxiety is a real challenge, leading some individuals to avoid treatment until the pain becomes unbearable. Dentists today are trained to handle such patients with compassion, offering options such as sedation, distraction techniques, and clear communication to reduce fear.

Children's dental health requires special attention. Baby teeth, though temporary, play a vital role in guiding permanent teeth into place. Early loss due to decay can cause alignment issues.

Therefore, teaching children proper oral hygiene habits from a young age, limiting sugary snacks, and ensuring regular dental visits are crucial steps in protecting their oral health.

In older adults, dental care becomes even more critical. Gum recession, dry mouth due to medications, and wear and tear over the years make elderly individuals more susceptible to dental issues.

Ensuring they have access to care, proper dentures, and a balanced diet can significantly improve their quality of life.

Access to dental care remains a global challenge. In many parts of the world, dental services are limited or unaffordable. As a result, preventable conditions like cavities and gum disease go untreated, leading to widespread tooth loss and suffering.

There is a growing need for public health initiatives, education, and outreach programs to raise awareness and provide care to underserved communities. Good dental health is not merely about white teeth; it's about maintaining a healthy mouth that contributes to the well-being of the entire body. Studies have shown links between gum disease and systemic conditions such as diabetes, heart disease, and respiratory infections.

This makes dental care an integral part of overall health management.
**Dr. Bushra Parnian**